

The Early Help team offer free Triple P courses to all parents and carers, which aim to:

- Strengthen relationships in your family
- Encourage positive behaviours
- Teach your child new skills and behaviours
- Handle disruptive or challenging behaviours with greater confidence
- Encourage you to take care of yourself as a parent
- Set goals for making positive changes
- Offer parents an opportunity to meet and discuss common parenting issues with others



For more information about The Triple P programmes visit:
www.triplep-parenting.uk.net

For more information about parenting courses visit:
www.herefordshire.gov.uk/parentingcourses

For more information contact
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Early help service



Triple P Positive Parenting Programmes



What is Triple P

Triple P are learning programmes designed to give parents the skills they need to raise confident, healthy children and young people and to build stronger family relationships. Triple P doesn't tell people how to parent, instead it gives parents simple and practical strategies they can adapt to suit their own routines, values, beliefs and needs.

Triple P is distinctive in that it is not a 'one size fits all' course. It's based on the idea that parents receive just the right amount of support they need to parent their child more confidently.



Triple P Parenting Groups

The Triple P Parenting Groups focus on strategies to increase desirable behaviour, and methods for managing everyday issues, as well as improving the emotional wellbeing of parents, carers and children.

Each course consists of 7 x 2 hourly sessions. Five of these sessions will be classroom based and two will be telephone sessions.

Attendance at all sessions is essential.

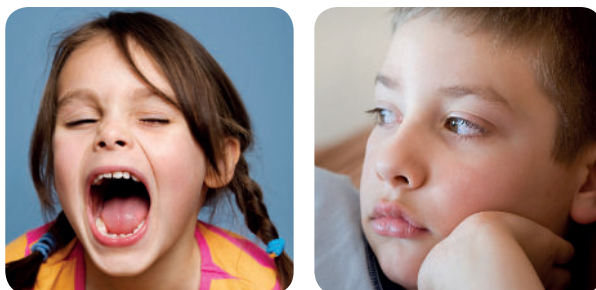
Stepping Stones

Stepping Stones Triple P is for parents of children with diagnosed additional needs and aims to make parenting easier. Children with additional needs have the same requirements as other children, however, they may need extra assistance and opportunities to develop their full potential. This course provides information to help you develop your child's full potential.



Standard Triple P

This course is for parents of children aged 2 to 11 years. It provides support to help you manage your child when their behaviour is challenging or aggressive and helps to prevent scenarios that make your family life stressful.



Teen Triple 11 plus

Teen Triple 11 plus is for parents of children aged 11 upwards. The course aims to promote positive, caring relationships between parents and their teens, and to help parents develop effective management strategies for dealing with a variety of teen behaviour problems and common developmental issues. Teen Triple 11 plus teaches parents how to help their teenager develop the social skills they need to get along with others and get the best from their education.

